

# Waiver Form

– Please read the safety rules carefully. This waiver must be signed and handed over to an employee.



## Safety rules

- It is forbidden to attend activities without completed safety training.
- Pay close attention to the safety brief and ask if anything is unclear.
- Ask us if you have questions

## You have the full responsibility for your own and your children's safety when you're in the park

- Persons under the age of 18 need approval from guardians to attend activities.
- Children under the age of 14 must be under the supervision of an adult at all times.
- Children under the age of 12 must be accompanied by an adult.

## Safety equipment

- The climbing harness has 3 adjustment buckles – 1 on the waistband and 1 on each leg-loop.
- The harness should be fitted tight at all times, if in doubt contact one of the instructors.
- Do not take off and put on the harness without being checked by an instructor.
- You should always be secured by minimum one carabiner.
- When entering an obstacle, you should always be attached with two carabiners.

## Activities

- Pay attention to the directions at each obstacle/activity and make sure you are correctly secured before passing on to the next obstacle/activity.
- Obstacles and activities have height and age requirements - read the sign before you start the activity.
- Move calmly and controlled through activities and obstacles.
- Only 1 person is authorised at each obstacle unless other is described. Wait for a clear path before you enter the obstacle.
- Maximum 3 persons are allowed at each platform between the obstacles. Wait for free space before you proceed.
- Only 1 person at the time, is authorised on the zip-lines. Make sure it is clear before you proceed. If in doubt, wait.
- Do not touch the zip-line when in movement!
- If you discover any damaged parts in the park or on the equipment, contact one of the park personnel immediately
- Maximum weight of a person entering the courses should not exceed 120 kg.
- The climbing can be challenging at times.

## Access to the activities is not permitted for those who are:

- Under the influence of alcohol or other drugs
- Below the required height for the course
- Pregnant

## Access to the activities is not recommended for those with:

- Back or neck problems
- Heart/lung problems or other physical challenges

NAME OF PARTICIPANTS (full name)

- ☐ **I have read and understood the safety rules.** Use of the High Rope courses or any activity in the park, is subject to risk and I am fully aware of this and therefore responsible for my own safety at all time. Participation in the activities might lead to injury or in worst-case death. I also understand that I can be refused to participate in the park activities if I don't follow the safety rules.
- ☐ **I am guardian/responsible** for person under 18 years that is registered on this waiver and hereby give this person permission to attend the activities at Valldal Aktivitetspark. I am responsible for ensuring that a guardian/responsible is following the child and cannot leave this responsibility to the personnel of Valldal Aktivitetspark.
- ☐ **I don't** want to receive any newsletters by e-mail from Valldal Aktivitetspark

PLACE/ DATE

SIGNATURE

E-MAIL

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